MR. BIG SHOT

- He may not have the physique of a sprinter, but Dylan Armstrong is Canada's best hope for a track and field medal. Watch the incredible strength of shot put athletes on Friday at 1:30 p.m. on CTV
- If the graceful moves of women's diving or trampolining are more your thing, Metro has the skinny on when to watch and who to root for PAGE 14
- Where can you find royalty in the Olympics? What freak accident happened to one medal? Test your knowledge of quirky Olympic facts with our London 2012 quiz at metronews.ca/olympics

Have a happy long weekend

Metro will not be publishing on Monday. Look for us again on Tuesday

CELEBRATE 60 YEARS

PAY NO INTEREST

0% FINANCING FOR 60 MONTHS

ON OUR MOST POPULAR MODELS*

2012 Tiguan From only $29,455* | 2012 Jetta From only $17,240*

+ $500 discount for Volkswagen owners**

Think affordable.

www.taylorvw.ca

*See Dealer for Details

REGINA metro®

WEEKEND, August 3-6, 2012

News worth sharing.

metronews.ca | twitter.com/me om/metroregina

Regina native Rachelle Viinberg sports her flashy new piece of hardware, an Olympic silver medal she earned along with the Canadian women's eight rowing team at the London Games on Thursday. CONTRIBUTED

Rower Viinberg's silver makes province proud

Olympic glory. Regina athlete lands podium finish in women's eight rowing to become Saskatchewan's first London medallist

DORIAN GEIGER
Metro in Saskatoon

Rachelle Viinberg has become Saskatchewan's first Olympic medallist in the London Games after she claimed silver in women's eight rowing on Thursday.

It was Viinberg's third Olympics after competing in the Beijing and Athens Games. Striking silver in London marked her first appearance on the Olympic podium.

"It's pretty surreal. I've been to three Olympics now, and my dreams have finally come to fruition. I don't think it has totally sunk in yet," said Viinberg via email from London.

Canada's women's eight team celebrates winning the silver medal in Eton Dorney, near Windsor, England, at the 2012 Summer Olympics on Thursday. ARMANDO FRANCA/THE ASSOCIATED PRESS

Surrounded by roughly 30,000 spectators, what was the first thing Viinberg did with her precious medal?

"I put it on my mom for a picture," she said.

Not only did Viinberg battle for four hard years to make it to the Olympics, but so did her mother, June Mayhew de Jong, who beat cancer to make it to London.

"She battled stage three colon cancer so she could be in the stands (to) watch me perform my dream. We both achieved our goals," Viinberg added.

The Canadians finished second to the defending champions, the Americans, with the Netherlands clinching bronze. Despite missing gold by just over a second, Viinberg wasn't fazed.

"They are an extraordinary crew, and I tip my hat to an amazing performance by them," she said. "I'm so proud of how we did."

Follow Dorian Geiger on Twitter @dgiegs

CO-OP

SHERWOOD CO-OP...

MOVING AHEAD BY GIVING BACK

OVER $2 MILLION

PAID BACK TO MEMBERS IN 2012

NEWS 1

Soggy weather fails to dampen Ex attendance

Queen City Ex. Numbers are on pace with last year's opening Wednesday: Event organizer

CARRIE-MAY SIGGINS
carriemay.siggins@metronews.ca

Despite the rain, attendance numbers for the opening night of the Queen City Ex were solid, according to event organizers.

Josh Shaw, event co-ordinator for the fair, says that attendance on the fair's first night was 96 per cent of what it was last year.

"Our numbers are just on pace with what they were last year for the opening Wednesday," says Shaw. "Considering the rain and all of the weather that we had yesterday, we're pretty happy with what transpired."

Shaw says that with an event like the Ex, the weather can greatly affect turnout, especially since the fair is now only five days long instead of last year's six.

"That lost day makes (the rain) that much more significant," says Shaw.

But Shaw is positive about what the numbers will be by the end of the event. "If people don't come down on the rainy days, they'll just come on another day."

Quoted

"Considering the rain and all of the weather that we had yesterday, we're pretty happy with what transpired."

Josh Shaw, event co-ordinator, Queen City Ex

How many calories are you downing at the fair?

- A single mini doughnut: 54 calories
- A bag of six mini doughnuts: 324 calories
- A nut-covered caramel apple: 400 calories (270 calories without the nuts)
- One serving of poutine: 740 calories
- One serving of cotton candy: 170 calories
- One hot dog with condiments: about 300 calories
- One 20-ounce Slushie: Up to 554 calories

Ex employees set up booths before the gates open to the public. CARRIE-MAY SIGGINS/METRO

Mobile news

Miss part of the Olympics? Fear not, we caught all the action in photos from the London Games. Scan the code to see our top images.

Going gangster. New show brings animated loudmouths to Regina

It's a place where winter lasts eight months a year, and the people are exceedingly polite — now, it's the backdrop for an animated series about gangsters.

Regina will be the setting for Fugget About It, a new series for Teletoon Canada. In it, a group of gangsters join the witness protection program and are relocated to Regina.

Willem Wenneker, one of the creators, drew from his own experience while writing the show.

He's not a gangster, but he did live in Regina for seven years, attending the University of Regina's film school.

"My favorite thing in Regina was the people," says Wenneker. In the series, this niceness will function as a foil to the loudmouth gangsters from New York.

Regina folk who tune in will recognize a few passing references.

"We make sure in (the) dialogue, whenever we reference streets, we always use real streets in Regina."

CARRIE-MAY SIGGINS/METRO

Quoted

"We make sure in (the) dialogue, whenever we reference streets, we always use real streets in Regina."

Willem Wenneker, one of the creators of Fugget About It

Meadow Lake

Team Regina leads at Summer Games

Team Regina leads the medal count at the Saskatchewan Summer Games with a total of 82 medals to date. Team Saskatoon has collected 24 medals.

The Games are underway in Meadow Lake until Aug. 4, featuring athletics, archery, baseball, basketball, canoeing and kayaking, equestrian events, golf, soccer, softball, swimming, tennis, triathlon and volleyball. METRO

Bleed Green

Correction

The Saskatchewan Roughrider photographed giving blood in yesterday's paper was incorrectly identified. Offensive lineman Dan Clark donated blood to Canadian Blood Services. METRO

Court appearance. Couple charged with abuse and neglect of young girls

Kevin Eric Goforth, 37, and his wife, Tammy Goforth, 35, were charged with two counts each of criminal negligence causing bodily harm on Wednesday.

The couple appeared in provincial court in Regina on Thursday morning. They were the caregivers of two sisters, a four-year-old and a two-year-old, who are both in hospital.

The four-year-old was taken to hospital in the early hours of Wednesday morning in an unresponsive state. She was revived but remains in critical condition at hospital.

The four-year-old's younger sibling was then located by police and also taken to hospital.

The accused have their next court appearance on Aug. 9 at 2 p.m.

JEFF MACKEY/METRO

Courtroom drama

- A dramatic moment occurred in the court proceedings Thursday morning when a man in the gallery stood up and yelled, "What Happened? What Happened?" at Kevin Goforth, who is accused in the case along with his wife.
- The shouting man was then forcibly removed from the room by three bailiffs, and the courtroom was cleared.

Rafferty appeals life sentence

Tori Stafford killing.
Appeal papers appear to have been filed from Kingston Penitentiary

Michael Rafferty, the man sentenced to life for the killing of eight-year-old Tori Stafford, is appealing his conviction on grounds the judge failed to properly instruct the jury.

In the appeal received by the Court of Appeal for Ontario on July 26, Rafferty also says the "jury failed to apprehend the evidentiary requirement to convict for first-degree murder." If a new trial is ordered, he would like a trial by jury, Rafferty wrote from prison.

Rafferty missed the 30-day deadline to appeal his conviction but asked for an extension, attributing the delay to "inability to use the telephone to contact legal counsel."

It is not uncommon for those sentenced to life to appeal.

Rafferty, 31, was sentenced May 15 in the abduction, rape and murder of the Woodstock, Ont., girl.

Tori went missing on April 8, 2009, triggering one of the largest manhunts in Canadian history. Rafferty and Terri-Lynne McClintic, then lovers, were arrested a month later and charged. Tori's remains were found on July 19.

McClintic pleaded guilty to first-degree murder and was sentenced to life in prison in April 2010.

Rafferty's trial, with shocking twists and turns, lasted 10 weeks. The jury took about a day to render a guilty verdict.

But presiding judge Thomas Heeney was criticized for excluding character evidence.

The jury never heard about evidence seized from Rafferty's laptop, including child pornography, torture videos and a movie about the abduction of a little girl. The jury also did not hear that Rafferty liked choking women during sex.

Heeney later defended his decision, saying the evidence was legally inadmissible because it breached Rafferty's Charter rights.

Rafferty's appeal papers appear to have been filed from Kingston Penitentiary.

It's not clear whether he has a lawyer. Dirk Derstine, Rafferty's lawyer for the trial, told the London Free Press in June that he would not be Rafferty's appeal lawyer.

Meanwhile, McClintic will appear in a Kitchener court on Sept. 12 on assault charges.

The charges stem from an alleged jailhouse brawl between McClintic and Aimee McIntyre, a fellow inmate at Grand Valley Institution for Women in Kitchener.

The alleged incident happened on Jan. 30 and McClintic was charged in February.

TORSTAR NEWS SERVICE

Michael Rafferty is transported from the courthouse in the back of police cruiser in London in March. It's not clear whether he has a lawyer. Dirk Derstine said in June that he would not be Rafferty's appeal lawyer. DAVE CHIDLEY/THE CANADIAN PRESS

Make the Commonwealth proud, young fan

Prince Harry meets a young Olympics fan at Canada House during the 2012 Summer Olympics on Thursday in London. During the surprise visit, the prince sat down with those gathered near a big-screen television to watch Canada row to a silver medal in the women's eight.

COURTESY CANADIAN OLYMPIC COMMITTEE

Liberal party

Disgraced staffer returns to the fold

A Liberal staffer who resigned in disgrace after splashing the lurid details of a Conservative cabinet minister's messy divorce all over Twitter in response to the Harper government's Internet snooping bill has resurfaced with the party.

Former Parliament Hill aide Adam Carroll is now working at Liberal party headquarters. A spokeswoman wouldn't divulge details about his new gig.

A steady stream of tweets disclosing Public Safety Minister Vic Toews' divorce file spurred political intrigue on Parliament Hill earlier this year, as speculation abounded over the identity of the person behind the Vikileaks30 handle.

Carroll quit his job in the Liberal research bureau once he was identified as the source of the account. THE CANADIAN PRESS

United Nations

Annan resigns as Syrian envoy

Frustrated by Syria's escalating civil war, Kofi Annan announced Thursday that he will quit his high-profile role as special envoy to the country at the end of the month, giving reasons that amounted to scathing criticism of world powers' failure to unite to stop the chaos in the Arab state.

Annan told reporters that when he accepted the job, he wanted to help find a peaceful solution to the crisis, to stop the killings of civilians and human rights abuses, as well as to place Syria on a path toward political transition.

Annan told reporters that he cannot go on when the Security Council doesn't fully back him, particularly because of the stalemate between its five veto-wielding members: Russia and China on one side, the U.S., Britain and France on the other.

THE ASSOCIATED PRESS

RIM to launch new PlayBook for faster networks

Tablet update.
Struggling tech firm hopes new product will keep consumers interested until BlackBerry 10's release

Research In Motion is launching its new PlayBook tablet for advanced networks that will have a faster Internet experience, giving the Canadian tech company an updated product to sell before its new smartphones come to market.

RIM's latest PlayBook will be launched next week — in Canada first — and is designed for wireless networks with speeds equivalent to high-speed home Internet services on land lines.

The 4G LTE PlayBook tablet computer will be available Aug. 9 at Rogers, Bell and Telus — Canada's three largest carriers.

RIM said Thursday the price of the new PlayBook, which has 32 GB of memory storage, will depend on the region and provider. But Telus said it will sell for $549.99.

The new PlayBook is also ready for corporate email systems and keeps business information secure and separate from personal information, RIM said.

However, PC Magazine analyst Sascha Segan said any anticipation is for RIM's next generation of smartphones called BlackBerry 10.

Restructuring

- There are reports that RIM will shutter its few company-owned North American retail stores and reveal details of 3,000 jobs to be cut under a previously announced restructuring plan by the BlackBerry maker.
- A source familiar with RIM's retail presence said Wednesday that the company's last existing storefront in Michigan will soon shut down, as well as nine airport locations.

"Consumers are past the PlayBook now and they're waiting to see what happens with BlackBerry 10," said Segan, lead analyst for mobile devices.

The BlackBerry 10 smartphones, expected to be even more like mobile computers, are due out in 2013, about a year later than RIM had initially announced — leaving the company with an older inventory of smartphones to sell.

In addition to a faster Internet experience with LTE (Long-Term Evolution) technology, RIM's new PlayBook will give users clearer and smoother video streaming, multi-party video conferencing capabilities and fewer delays when there are multiple video game players, Segan said.

The original PlayBook was launched in April 2011, but sales have been slow and RIM has discounted some of the models amid stiff competition. RIM is phasing out the 16 GB PlayBook which was retailing for as little as $199 to focus on higher-end models.

Segan noted the latest PlayBook was supposed to be out last fall and was announced in February 2011.

RIM said the new PlayBook has the tablet's latest operating system software and also allows users to manage social-media messages.

The built-in calendar and contacts apps are integrated with social networks, providing users with information about their contacts at their fingertips. THE CANADIAN PRESS

Market Minute

DOLLAR
99.29¢ US (-0.19¢)

TSX
11,506.50 (-112.03)

OIL
$87.13 US (-$1.78)

GOLD
$1,590.70 US (-$16.60)

Natural gas: $2.92 US (-25.1¢)
Dow Jones: 12,878.88 (-92.18)

You could win* a Harley-Davidson® motorcycle or 1 of 500 MGD prize packs.

The Bar & Shield logo, Harley & Harley-Davidson are among the trademarks of H-D Michigan, LLC. © 2012 H-D.

†Must be legal drinking age. Available at participating retail stores. While supplies last. Current prices are set by retailers. Subject to change.
Open only to residents of BC, AB, SK, MB, ON, PQ, NS, NB, PE & NL. Skill-Testing Question Required. One (1) Grand Prize avail. to be won, worth approx. $(12,000) CAD. 500 Prize Packs (ARV $50 CAD) to be awarded regionally: [232] in BC, AB, SK, MB; [210] in ON; [28] in PQ and [30] in NS, NB, PE & NL. The number of Prize Packs available to be won will diminish as Prizes are claimed throughout the Contest. Only Prize Pack winners are eligible to win the Grand Prize. All Prize Packs must be claimed on or before [September 24, 2012] ("Prize Claim Deadline"). Grand Prize draw: [September 28, 2012]. For full contest details call 1-800-MOLSON 1 or visit

MILLERGENUINEDRAFT.CA

SNOOP LION, A SILVER MEDAL AND TWITTER SHENANIGANS

THE LIST
Neil Morton
Metro

1 **Fifty Shades of parody.** My fave parody of Fifty Shades of Grey is housed on Twitter, @50ShedsofGrey, which already has more than 70,000 followers since launching. It describes itself as "erotica for the not-too-modern male." Sample tweet from this 'shed porn': "We tried various positions — round the back, up against a wall . . but the bottom of the garden was the only place for a really good shed." Lol.

2 **The Campaign.** Will Ferrell and Zach Galifianakis made a stop in Toronto Monday to promote their political comedy The Campaign (out Aug. 10). They pulled out all the stops — including a red carpet screening of the movie and a visit to the Hockey Hall of Fame, where they showed up not in a limo, but on a Zamboni. Great campaigning Canadiana style.

3 **@stats_canada.** The hilarious new Twitter account @stats_canada pokes fun at Statistics Canada — and the whole notion of demographic statistics and what relevance they have to Canadians. With tweets like "70% of Canadians believe Gordon Lightfoot is a yoga position," and "At any given time, 3 million Canadians are on a Timmie's run," this is a 99.9999 per cent must follow.

4 **Bengals can't tweet.** The NFL's Cincinatti Bengals have been banned from tweeting during training camp at the stadium by their coach Marvin Lewis to try and help them focus while they work out the next few weeks. Holy social media crackdown! What's next? No phone calls either? I don't get it.

5 **Big Brother.** A national casting call for the first Canadian edition of Big Brother began this week. The show will launch on the Slice network this winter, and applicants can apply at bigbrothercanada.ca. I couldn't apply to the upcoming Bachelor Canada (I'm married), but maybe I'll take a crack at this — or hold out for a Real Househusbands of Canada.

6 **Jonah Lehrer.** The writer resigned from his staff writer position at The New Yorker after he admitted to making up Bob Dylan quotes for his best-selling non-fiction book Imagine. Where will Lehrer and the book go from here? The answer, my friend is blowin' in the wind. But a hard rain's a-gonna fall.

7 **Snoop Lion?** 40-year-old Snoop Dogg announced this week that, 1) he is longer rapping (he's switching to reggae) and 2) he's changing his name to Snoop Lion after a spiritual and artistic rebirth while in Jamaica where he was given the new moniker by Rastafarian priests. This is one heck of a mid-life crisis.

8 **Milos Raonic.** In an epic four-hour long Olympic tennis match, Canada's tennis star came out on the losing end to France's Jo-Wilfried Tsonga 6-3, 3-6, 25-23. The third set was three hours long. As sports journalist Bruce Arthur tweeted during the match, "17-17, Tsonga serving. What a glorious moment it will be when Raonic or Tsonga's son wins this match one day."

9 **Brady Bunch.** Fans of the 70s hit show The Brady Bunch are salivating at the prospect of the show making a comeback. With Vince Vaughn as executive producer, CBS is apparently developing a reboot of the cult comedy. If this goes well, will remakes of Three's Company, Welcome Back, Kotter and WKRP In Cincinnati be waiting in the wings?

10 **Canadian medals.** In perhaps one of Canada's most exciting Olympic-medal wins this week, our relatively inexperienced men's eight rowing team made a dramatic surge in the final 500 metres of the 2,000-metre race to overtake the hometown Brits and win a silver. Almost better than gold. Beauty moment, eh?

11 **Baby mama drama.** A new love and relationship reality series with the working title Single and Pregnant is casting in the United States for single and pregnant women. It's being cast by the team behind Jersey Shore. This could be the end of pop culture.

Follow The Metro List on Twitter @TheMetroList

Land of Arctic aliens

NICCOLÒ BONFADINI/SOLENT

Landscaping

Stunning photo of otherworldly landscape

Who is guarding the frozen north?

Judging by this mysterious photograph, these giant 'ice worms' sprouting out of the ground.

This incredible yet surreal picture actually shows trees buried in thick snow, on a landscape located close to the Arctic Circle.

Metro spoke with Italian photographer Niccolò Bonfadini on his eerie, yet striking image.

METRO

Behind the lens

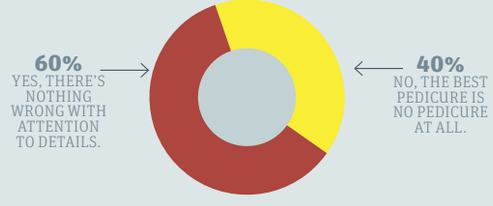
- Bonfadini took this stunning shot while camping alone in Finland's beautiful Riisitunturi National Park. "I was blown away by the otherworldly landscape, everything was white as far as the eye could see. Everything was frozen," he told Metro.
- The young photographer of course faced many challenges in this barren frozen world. "What made the trip harder than average was the fact that I was completely alone. But I prefer it like that, I don't like crowds," he said. "My backpack weighed about 30 kilograms. What I ate consisted of powdered, freeze-dried food. And the temperature can go as low as -40 C."
- "The morning I took this picture was a very special one," Bonfadini said. "I had slept with my tent on top of a hill to watch the sunrise. An eerie mist was forming around the trees, enhancing the mysterious atmosphere. The three trees were standing right in front of me. They immediately appeared to be like sentinels to me. That is why I decided to name the photograph 'Sentinels of the Arctic.'" He added: "Some thought they were volcanic eruptions and clouds. To me they seemed to be alive like frozen people."
- "I used both a medium format analog camera and a Canon DSLR camera. Some graduated neutral density filters placed on the lens helped me achieve this result. By placing the filter's darker side against the sky it helped to retain more details in the lighter parts of the image by keeping their luminosity down."

Niccolò Bonfadini SUBMITTED

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

It's summer — should men get pedicures?



Twitter

@xxomandaoxx: I love working downtown, the one kid has a sign "help ninja's are chasing me, need money to get to narnia" #yqr

@kmgobrien: Open air concert on Scarth Street Mall! Way to go downtown Regina. #yqr

@BraunBraun: I love Regina downtown right now! Can we have this happen more than just over a weekday noon hour? #YQR

@andrewscheer: Big congrats to Regina native Rachelle Viinberg on her silver medal win! What a race! #olympics #yqr

@amandagebhardt: there should be a ban against trains crossing albert st in #yqr

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Regina** Tara Campbell • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **National Sales Director** Peter Bartrem • **Sales Manager** Kim Kintzle • **Distribution Manager:** Darryl Hobbins • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Marketing & Interactive** Jodi Brown, **Vice-President, Finance** Phil Jameson **METRO REGINA** • **Telephone:** 306-584-2025 • **Toll free:** 1-877-895-7194 • **Fax:** 1-888-243-9726 • **Advertising:** adinforegina@metronews.ca • **Distribution:** regina_distribution@metronews.ca • **News tips:** regina@metronews.ca • **Letters to the Editor:** reginaletters@metronews.ca

Kate Beckinsale in Total Recall. THE CANADIAN PRESS

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

All chase, no sci-fi

Total Recall. Too busy to be boring, this remake is a decent action flick, but falls flat as a paranoid sci-fi mind-bender

Richard: Mark, the original Total Recall was simultaneously beaten up on release for its level of violence and praised for its complex story. The same can't be said for the remake. The body count is still high, but the story plays more like a high-tech version of The Fugitive than a sci-fi mind-bender. It's a pretty good chase movie, but the sci-fi falls flat.

Mark: As does the storyline, the characters, the dialogue, and most importantly, the satire. It's too busy and kinetic to be a boring movie, but you don't care much about why all the carnage is taking place. I loved the original, Richard, but it had a nice, slow build and was a sly "mind-bender" as you call it. I don't know why they had to attempt a remake, unless it was to see what would happen if you put a real actor in the lead. But, sorry, it's Schwartzenegger 1, Farrell 0.

RC: Farrell is much more of an everyman than Arnold was, but I thought he pulled off the running, jumping, shooting and stabbing well enough. I was more taken, though, with the female characters. The original treated women like window dressing but here Kate Beckinsale and Jessica Biel are given meaty, action-packed parts. Beckinsale uses all the tricks she learned on the Underworld movies, kicking butt and taking names in every scene she's in, and while Biel won't need to wake up early on Academy Award day, she hands a physically energetic performance.

MB: I liked Biel, but Beckinsale's one expression wore thin on me quickly. I did like the production design, though it was clearly influenced by Blade Runner. I liked the elevators that move vertically and horizontally, the flying cars were great (and actually looked credible), but the army of bots looked so much like George Lucas' droids that I expected Jar Jar Binks to show up in a cameo.

RC: Ha! Beckinsale may only have one expression, but it's a pretty good one. As for everything else, it seems to me the movie values violence and action above all — more than story, humour or even the legendary three-breasted hooker who is glimpsed for all of two seconds. This movie clearly appreciates bullets over breasts.

MB: Good to know where you stand on that one, Richard! I wouldn't call it a bad movie, but a missed opportunity. Philip K. Dick, who wrote the original story decades ago, was a master of the paranoia missing from the remake, and I'm pretty sure the master would not approve.

Synopsis

Set in a dystopian world where most of the planet is uninhabitable, Farrell plays a troubled factory worker desperate to escape a life of grinding drudgery. Without telling his wife (Kate Beckinsale) he goes to Rekall Corp. to have a virtual vacation. They sell implanted memories, like video games for the mind. But something goes wrong and soon our hero is thrown into a deadly world of intrigue where he can't be sure what is real and what isn't.

- Richard: ●●●○○
- Mark: ●●○○○

On the web

Iambic pentameter behind razor wire: Richard III goes to prisons, senior centres

IMMEDIATE BOOKINGS
for Bobcat & Dump Truck Service
Also offering General Landscaping & Weekly Lawn Care
Residential Commercial
209-7465
Also booking for Winter Snow Removal

LIKE US ON FACEBOOK
www.facebook.com/absolutecashcanada
And receive... 40% OFF ON ANY REGULAR PRICED ITEM (one time discount only)
ABSOLUTE CASH®
2916 Dewdney Ave, Regina
306.352.2071

metronews.ca

comwave

Home Phone

How much do you pay for your Home Phone Line?

Start saving today:

- All features FREE
- Keep your existing phone number

Limited Time Offer

6 Months FREE

Satisfaction guaranteed!

Unlimited Local

- Unlimited local calling
- 14 free features

$14.95 /month

Unlimited Canada

- Unlimited local calling
- 14 free features
- Unlimited CANADA calling

$19.95 /month

Unlimited Global

- Unlimited local calling
- 14 free features
- Unlimited calling to almost 60 countries

$29.95 /month

CONSUMER CHOICE AWARD 2012 BUSINESS EXCELLENCE

Download our Comwave Mobile App

3 Days Free Trial

iTunes Google play BlackBerry App World

1-866-769-9601

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any errors in pricing or information at any time. The 6 Month Free Promotion is Limited to a 1 PR home and includes a 30-Day Satisfaction Guaranteed period. If you are not 100% completely satisfied, you may terminate the service anytime within the Satisfaction Guaranteed Period with no further obligation. If you transfer your existing phone number from your current provider to Comwave within the first 30 days, you will receive an additional 3 months free for a total of 6 months free. HOME PHONE LINES: VoIP 911 has certain limitations versus traditional 911. 48 Extended Plans do not include calls to the Yukon, Nunavut & N.W.T., Alaska and Hawaii. Unlimited usage is governed by our fair usage policy to prevent abuse available at www.comwave.net/terms.

Bourne heads back to the box office

The Bourne Legacy. Actress Rachel Weisz talks to Metro about her latest flick, doing her own stunts and all that running

NED EHRBAR
Metro World News in Hollywood

Rachel Weisz. SUBMITTED

An affirmed fan of the Bourne series of movies, British actress Rachel Weisz says she needed little convincing to sign up for the latest, The Bourne Legacy, which sees Jeremy Renner take over for Matt Damon as a special agent going up against the secret government program that trained him.

But one thing Weisz didn't count on with playing government scientist-turned-accomplice Dr. Marta Shearing was the amount of running that would be involved.

Your character seems to have a more interesting character arc than Jeremy Renner's.
She's got a great arc. (She starts) as someone who's morally blinkered about what she's doing and is told not to ask questions, which suits her just fine because if she started thinking about what she was doing, I think she would know that she's very morally compromised. So to go from this morally comprised, really f–ed up scientist living in this big house without a man, and then ... to see her become a warrior — she decides that she wants to live, and she rises to the occasion, which is kind of cool.

When you first read the script, did you realize exactly how much running was involved?
No. I kind of skimmed through the action pages and was reading the character stuff and story stuff. Because actually action sequences don't read that interesting on the page, and a lot of that was choreographed later. No, I didn't realize there was going to be that much running. It's a lot of running, a lot. I've never done anything that's this realistic, so something like The Mummy, for instance, is a completely different tone and genre. It's like a spoofy B-movie funny-horror-send-up kind of thing. So this required something completely different because it's just very, very, very realistic.

Did you enjoy the stunt work?
I did, yeah. I mean, some were terrifying. We really did almost all our own stunts, and there was no green screen, so it was real. We were shooting in real locations, so they're shutting down the freeways of Manila, and it's me on the back (of a motorcycle) holding on to Jeremy and there's 200 stunt cars driving. There's just so many elements, so many things that could go wrong. It wasn't just my ability to hold on. I wasn't acting in those scenes, I was just terrified.

Speaking of Manila, working in film can be a great way to see the world.
Definitely. I mean, it's very different being somewhere and working there than being somewhere as a tourist and being on holiday because you're hopefully relaxed when you're on holiday. When you're working you're quite tense and highly strung and your mind is really on the work. You can't curl up with a novel on the beach or whatever. But yeah, I've seen a lot more of the world. Manila was a fascinating city.

GO ON, REWARD YOURSELF
$10 TO SPEND NOW
ON YOUR FIRST $25 PURCHASE
Together with you, we are building Canada's largest online store. With millions of products, free shipping, free returns and up to 2.5% cash Rewards, www.SHOP.CA has something for everyone.
SHOP • CA™
SHOP & EARN, EVERY TIME!™
Got great products to sell? Contact supplier@shop.ca | SHOP.CA Sign-UP required to claim $10 Reward and can only be used at SHOP.CA

Documentary

Marley

Director. Kevin MacDonald

●●●●○

For a man whose music and image are as internationally recognized as Bob Marley's, there's a lot about the singer's life that remains unknown to his legion of fans. And after decades of letting outsiders fill in those gaps, the reggae legend's family has chosen to tell their side of the story. Marley is as all-encompassing and exhaustively researched a doc as one could imagine. Director Kevin MacDonald (The Last King of Scotland) is able to weave Bob Marley's complicated and multifaceted life into a thoroughly enjoyable documentary.

IAN GORMELY

Quoted

"I would say really the only time it came into play was the three years of trying to get the movie made. Being an executive producer and a co-writer and knowing it was such a great part for me to be able to play, it was hard to keep taking the blows of the thing getting set up and then the thing crumbling. It was tough, but once I got on set, for me my only challenge that I wanted to tackle was doing a good job in the role and carrying the film, so I had to really shut all the other stuff down, you know?"

Parks and Recreation star Rashida Jones, who co-wrote and appears in the new film Celeste and Jesse Forever

NED EHRBAR

THESE PAGES COVER MOVIE START TIMES FROM FRI., AUG. 3 TO THURS., AUG. 9. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

Southland Mall 3025 Gordon Rd., 306-585-7442

The Amazing Spider-Man (PG) Fri 3:25-7:05-10:10 Sat-Mon 12:50-4-7-10:05 Tue-Thu 4:15-7:20-10:20
The Best Exotic Marigold Hotel (G) Fri 3:30-6:25-9:15 Sat-Mon 1-3:55-6:50-9:40 Tue-Thu 4:25-7:30-10:10
Brave (G) Fri 5-7:25-9:45 Sat-Mon 2-4:35-7:10-9:30 Tue-Thu 5-7:25-9:45
The Dark Knight Rises (PG) Fri 3:15-6:45-10:20 Sat-Mon 3-6:40-10:20 Tue-Thu 6:50-10:25
Diary of a Wimpy Kid: Dog Days (G) No Passes Fri 3:55-6:30-9 No Passes Sat-Mon 12:50-3:10-5:20-7:40-10 No Passes Tue-Thu 4:25-6:45-9
Ice Age: Continental Drift (STC) Fri 4:05 Sat-Mon 1:40-4:05 Tue-Thu 4:20
Ice Age: Continental Drift 3D (STC) Fri 6:40-9:10 Sat-Mon 6:35-9:10 Tue-Thu 6:40-9:10
Madagascar 3: Europe's Most Wanted (G) Fri 4:30-6:50 Sat-Mon 1:10-3:30-6:30 Tue-Thu 4:30-6:55
Marvel's the Avengers (PG) Fri 9:20 Sat-Mon 9 Tue-Thu 9:20
Savages (18A) Fri 3:45-7:10-10:05 Sat-Mon 1:15-4:15-7:25-10:15 Tue-Thu 4:15-7:10-10
Ted (14A) Fri 4:40-7:20-9:55 Sat-Mon 1:25-4:20-7:05-9:50 Tue-Thu 4:45-7:15-9:55
Total Recall (PG) No Passes Fri 4:35-7:40-10:30 No Passes Sat-Mon 1:50-4:40-7:30-10:30 No Passes Tue-Thu 4:35-7:40-10:20 Star & Strollers Screening, No Passes Wed 1

Galaxy Cinemas Normanview S.C. 420 McCarthy Blvd. N. Unit 26, 306-522-9098

The Amazing Spider-Man 3D (PG) Fri-Tue 12:50-3:55-7-10:05
The Campaign (14A) No Passes Thu 10
The Dark Knight Rises (PG) Fri 3-6:50-10:30 Sat 11:20-3-6:50-10:30 Sun-Tue 3-6:50-10:30 Wed-Thu 3:20-6:55-10:30 Fri-Tue 12:50-4:30-8:10 Wed-Thu 1:30-5-8:30
Diary of a Wimpy Kid: Dog Days (G) No Passes Fri 2:55-5:20-7:40-10 No Passes Sat 12:30-2:55-5:20-7:40-10 No Passes Sun-Tue 2:55-5:20-7:40-10 No Passes Wed-Thu 3-5:20-7:40-10
Hope Springs (PG) No Passes Wed-Thu 2-4:30-7:10-9:40
Ice Age: Continental Drift (STC) Fri 2:20 Sat 11:50-2:20 Sun-Tue 2:20 Wed-Thu 2:45 Ice Age: Continental Drift 3D (STC) Fri-Tue 4:55-7:20-9:45 Wed-Thu 5:05-7:25-9:45
Magic Mike (14A) Fri 2:25-5-7:35-10:10 Sat 11:45-2:25-5-7:35-10:10 Sun-Tue 2:25-5-7:35-10:10 Wed 2:20-4:55-7:30-10:05 Thu 1:55-4:35-7:20
Sesame Street Presents: Follow That Bird (STC) Sat 11
Step Up Revolution 3D (PG) Fri 2:10-4:45-7:15-9:50 Sat 11:40-2:10-4:45-7:15-9:50 Sun-Thu 2:10-4:45-7:15-9:50
Ted (14A) Fri-Tue 2:40-5:15-7:50-10:25 Wed-Thu 2:50-5:25-7:55-10:25
Total Recall (PG) No Passes Fri 1:50-4:40-7:30-10:20 No Passes Sat 11-1:50-4:40-7:30-10:20 No Passes Sun-Tue 1:50-4:40-7:30-10:20 No Passes Wed-Thu 1:50-4:40-7:35-10:20
The Watch (18A) Fri 3:05-5:35-8:05-10:30 Sat 12:20-3:05-5:35-8:05-10:30 Sun-Tue 3:05-5:35-8:05-10:30 Wed-Thu 3:15-5:40-8:05-10:30

Kramer IMAX Theatre 2903 Powerhouse Dr., 306-522-4629

The Dark Knight Rises: The IMAX Experience (PG) Fri-Sat 1:15-4:15-7:15-10:15 Sun-Mon 1:15-4:15-7:15 Tue-Thu 1:15-7:15-10:15
To the Arctic 3D (G) Fri-Mon 10:45 Tue-Thu 5:30
Tornado Alley 3D (STC) Fri-Mon 12 Tue-Thu 4:15

Paradise Cinema 1011 N. Devonshire Dr., 306-522-7888

Brave (G) Fri-Thu 1:30-4-6:50-9:20
Madagascar 3: Europe's Most Wanted (G) Fri-Thu 1:10-3:50
Moonrise Kingdom (PG) Fri-Thu 7-9:30

Golden Mile 3806 Albert St., 306-359-5250

Dark Shadows (PG) Fri-Thu 1:25-3:50-7-9:35 Dr. Seuss' the Lorax (G) Fri-Thu 1:40-4:05
The Five-Year Engagement (14A) Fri-Thu 6:30-9:20
Katy Perry: Part of Me (G) Fri-Sat 1:45-4-7:05-9:50 Mon-Thu 1:45-4-7:05-9:50
Men in Black 3 3D (PG) Fri-Thu 1:35-4-6:55-9:45
People Like Us (PG) Fri-Wed 1:30-3:45-6:40-9:40 Thu 1-1:30-3:45-6:40-9:40
Rock of Ages (PG) Fri-Thu 1:15-3:50-6:45-9:30 Snow White and the Huntsman (PG) Fri-Thu 1:10-3:45-6:35-9:25
That's My Boy (14A) Fri-Thu 1:20-3:55-6:50-9:30

Regina Public Library Film Theatre, 23 11 12th Ave., 306-777-6104

China Heavyweight (G) Thu 9
Last Call at the Oasis (STC) Thu 7
Marley (PG) Fri 7 Sat 9 Sun 7
No Films Showing Today (STC) Mon-Tue
Take This Waltz (14A) Fri 9:30 Sat 7 Sun 9:30
Wednesday Plus (STC) Wed 7

3 songs for the weekend

We're at the point in the summer where we're between the big releases of the spring and the ones scheduled for the fall. Here are three tracks that fill the gap nicely.

SOUND CHECK
Alan Cross
scene@metronews.ca

WARN-U/ Ayshay

This is an example of an apparently new doom-drone genre called distroid.

Do not watch the video after dark.
tinyurl.com/d4juwfg

1

Angels/The xx

Here's the first taste of a Coexist, the minimalist Mercury-Prize-winning band's second album.

Pairs well with a cold chardonnay after sunset.
tinyurl.com/d4juwfg

2

Sixpack/ Jeff the Brotherhood

Neither of these guys is named Jeff nor are they brothers.

Works well with a nighttime beer. Or six.
tinyurl.com/cc2pml3

3

Gillette Venus

20x THE SHOPPERS OPTIMUM POINTS®*

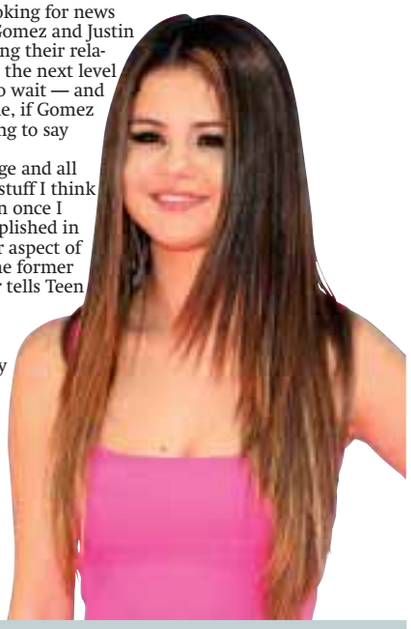
August 4-10

WHEN YOU BUY ANY PARTICIPATING VENUS® RAZOR AT SHOPPERS DRUG MART.

SHOPPERS DRUG MART

*Points are issued according to the net pretax purchase of eligible products using a valid Shoppers Optimum Card®. Calculation excludes Shoppers Optimum Bonus Points®, Shoppers Optimum® MasterCard® points and points associated with the RBC® Shoppers Optimum® Banking Account. Cannot be used with any other offer or promotion. Offer valid until August 10, 2012 while quantities last. We reserve the right to limit quantities. No rainchecks. © 2012 P&G

Married to the Biebs? Not yet



Anyone looking for news of Selena Gomez and Justin Bieber taking their relationship to the next level will have to wait — and wait a while, if Gomez has anything to say about it.

"Marriage and all that other stuff I think will happen once I feel accomplished in every other aspect of my life," the former Disney star tells Teen Vogue.

"I don't take anything in my personal life too seriously."

Jennifer Lopez

J.Lo not playing around

Jennifer Lopez is suing tabloids Star magazine and In Touch Weekly for running a story alleging that her boyfriend, Casper Smart, has been spending quality time at a New York peepshow that's known to be a "gay cruising spot," according to RumorFix.

"These statements are false, malicious and defamatory. Ms. Lopez and Mr. Smart will pursue all remedies available to them under the law," an attorney for the couple says. A rep insists that Smart was actually visiting a tattoo parlour next door to the club.

Victoria Beckham the matchmaker

Victoria Beckham's oldest son, Brooklyn, may only be 13 years old, but she's already keen on playing matchmaker for him — and she has her eyes on Taylor Swift.

Serving as Guest Editor for the latest issue of Glamour, Beckham describes Swift as "so gorgeous and wholesome that I want my son to date her someday," despite a nine-year age difference between the two.

Beckham also reveals that she and husband David having a fifth child isn't out of the question: "I'd never say never about another baby," she writes. "It's a juggling act — a career, family, a husband who's busy. But I'd never say never."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Macaulay Culkin 'dead in six months'?

MONICA WEYMOUTH
scene@metronews.ca

Macaulay Culkin hasn't been doing much these days, but we just assumed that was because he's Macaulay Culkin.

The National Enquirer, however, claims that the actor has spent the past few years in a heroin hangover that's only getting worse.

"He's been hooked for a year and a half, and his drug of choice is either heroin or oxycodone," a source tells the paper (which, yes, we read — you're welcome).

"Mac is surrounding himself with junkies and lowlifes. It's a real tragedy."

Despite intervention, a friend tells the paper he's not listening, hence the photos of him looking gaunt and dishevelled: "His closest friends fear that he'll overdose or his heart will explode. If he doesn't get help and enter rehab now, he could be dead in six months."

Culkin's team, however, says there's no truth to the story.

"The report ... is not only categorically without merit, but it is also impossibly and ridiculously fictitious," his publicist tells E! Online.

If Culkin is struggling with addiction, we sincerely hope he gets the professional help he needs.

If he isn't, well, we still sincerely hope he gets the professional help he needs — starting with a shave and ending with a trip above ground. Seriously kid, we have Girl Scout cookie ice cream up here now — join us!

Liquid Assets

Lip-smackin' flavours of whiskey

LIQUID ASSETS
Peter Rockwell
@therealwineguy
peterrockwell@eastlink.cca

With all due respect to wine fans, whiskey lovers are the ultimate liquid nerds who collect, study, analyze and keep to the traditions of their chosen spirit.

Much of that tradition has been tossed out the window this summer with a variety of flavoured whiskies hitting store shelves. For all you aficionados who just called 911, they're bringing a whole new audience to whiskey.

While the Scots have held off for now, North American distillers have jumped on the infused booze bandwagon with the zeal of an audience at a Justin Bieber concert.

Now, before you go all Lemon Gin on me, I've tried them all. Know what? They're quite interesting, particularly Jim Beam's Red Stag Black Cherry Bourbon ($26.25 - $28.49).

Though the name alone may be enough to send some American whiskey buffs into convulsions, I was quite charmed by its nice balance of natural black cherry flavour and the bourbon's charred, upfront personality.

Cocktail options abound with the fruit aspect of the booze holding its own against many a mix. That said, I prefer it served ice cold straight from the fridge all by its lonesome.

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

Bad girl chef Nadia G heats up your backyard

Long weekend. The Food Network star offers her tips for throwing a memorable barbecue get-together

DAN CLAPSON
life@metronews.ca

Our favourite bad girl in the kitchen, Nadia G, who is currently in the process of creating season three of her hit Food Network cooking show, Bitchin' Kitchen, has two cookbooks under her belt and a style that's all her own.

If anyone knows how to throw a rockin' backyard barbecue this long weekend, it's Nadia!

She imparts some great summer party inspiration.

What are some of your go-to summertime dishes?
I have a bunch of go-to dishes, but I like updating the hotdog by grabbing spicy Italian sausage and using minced giardiniera as the relish.

Combing mustard with maple syrup (is also great for) giving the hotdog experience a new twist.

Cooking for idiots. What is one thing someone can throw onto the grill that's virtually impossible to screw up?
Anyone can cook anything on a BBQ in foil. That's always a great trick. You're not using the direct heat and you can give the food the time it needs to cook completely.

How can someone add a simple Italian flare to barbecuing?
I like to make a simple Italian 'salsa' (bruschetta). It tastes delicious with meat or fish, with tortilla chips, crostini, even on roast potatoes, whatever it is!

If you had to pick: sangria, mojito or beer and why?
I'd have to say a mojito. I'm just a simple girl getting kicked out of bars in three-inch stilettos.

When things have too much flavour, like sangria, it can be a bit much with all the fruit and the wine, you also got some soda in there. You need to tread lightly.

Parties can get a little rowdy sometimes. Any advice on how to politely remove a drunken idiot?
How to remove a drunk person? Yeah…I'd have no one left at my backyard party! Ha, ha, ha. What kind of party is that?

If you could invite anyone to a summer barbecue, who would it be and why?
Anyone? Chris Farley 'cause he knows how to party!

Top 5 Tips

Here are the backyard barbecue tips Nadia thinks everyone should know.

- **Playlist Essentials.** You can't go wrong with Girl Talk. They're like your own personal DJ.
- **Simple Dish.** Fish with lemon, olives and cherry tomatoes wrapped in tin foil.
- **Drink.** Mojito. Quick to make and hard to screw up.
- **Dessert.** Sorbet topped with vodka. Vodka tastes good with everything.
- **Safety first.** Extra sunscreen. People start having a few drinks and before you know it, you have sun burnt guests.

Food Network chef Nadia G. SUBMITTED

A rockin' good Grilled Apricot and Feta Salad

This recipe serves four. SUBMITTED

1. Vinaigrette: In food processor, blend 4 tbsp extra-virgin olive oil, 3 tbsp of champagne vinegar, honey, vanilla extract, and garlic clove. Fold in the poppy seeds, sea salt and pepper.

2. Apricots: Heat a barbecue or a grill pan to medium-high. Baste the apricot halves with extra-virgin olive oil. Using tongs, sear the fleshy side of the apricots for 90 seconds, and then turn over to sear the skin side for 1 minute more. Remove them from the heat, and let cool.

3. Pickled onions: Heat a small saucepan over medium-high heat. Add the onion slices, pour in the remaining champagne vinegar, stir, and simmer until the onion slices turn bright pink, about 30 seconds. Remove from the heat and let cool slightly.

4. Divide the apricot halves equally among 4 plates. Sprinkle each serving with 1/4 cup of crumbled feta and a heaping tablespoon of pickled onions. Drizzle with the vinaigrette, and garnish with fresh mint leaves. COURTESY OF NADIA G

Ingredients

- extra virgin olive oil
- 1/3 cup champagne vinegar
- 1 tbsp creamed honey
- 1 tsp vanilla extract
- ½ garlic clove
- 1 tbsp poppy seeds
- sea salt and freshly ground black pepper
- 8 apricots (halved and pitted)
- ½ small red onion (finely sliced)
- 1 cup crumbled feta cheese
- 4 fresh mint leaves

On the Web

Cookbook featuring muffins for vegans has versatile and easy-to-make recipes

SPORTS 4

Peyton Manning, left, leads fellow Denver Broncos quarterbacks Caleb Hanie and Adam Weber, right, off the field following the afternoon session of their training camp in Englewood, Colo., on July 26. JACK DEMPSEY/THE ASSOCIATED PRESS

New Broncos pivot manning up in camp

NFL. Peyton Manning in rare form well before start of season; finds solid target in Demaryius Thomas

Even with Eric Decker down, Peyton Manning didn't miss a beat.

Decker has been the star of the Broncos' training camp so far, but when he went out with a strained groin, Demaryius Thomas stepped up to solidify his standing in Manning's eyes and with Denver's refurbished offence.

Thomas made several big catches Thursday, even turning a rare wobbly pass from Manning into a 35-yard TD when he outleapt Drayton Florence and Raheem Moore at the goal-line. Another time, he gave Tracy Porter a taste of the stiff-arm he used on Ike Taylor to beat Pittsburgh in the playoffs.

Whether on posts, curls or slants, Thomas was there to haul in Manning's fastballs during the no-huddle work to the delight of yet another record crowd — 5,034 — at Dove Valley.

"Well, I think Demaryius has had a really good camp even when Eric's been practising," Manning said. "Demaryius is a guy that we are going to feature. His size and strength and speed just allows you to do certain things with him that other players just can't do. And so, Eric's had a really good camp. He's just got a little tweak, hopefully he'll be back this afternoon or tomorrow.

"But I thought Demaryius these last two days has really made some big plays, he's done some good things with the ball after the catch, which is what we're going to need," Manning added.

After all, Manning's game is built on finding the hole in the defence and getting the ball there as quickly as possible so his receiver can use his legs to turn short passes into long plays.

"You can't just throw down the field every time," Manning said. "You've got to be able to take a five-yard hitch or a little 10-yard hook route and turn it into a 20-yard or a 30-yard gain and he's kind of shown those type of plays these past two days." THE ASSOCIATED PRESS

Competitive practice

Manning's timing hasn't been crimped by the steady stream of receivers hobbling off the field, however, and he said he's pleased with the progress the offence has made in the first week of training camp.

- Also helping Manning get up to speed is a stout secondary led by Champ Bailey.
- "I've said that all along, it's a great challenge going against our defence. There's a lot of speed out there, a lot of experience," Manning said.

PGA

Birdies soar Furyk to top of the leaderboard

Jim Furyk finally made some birdies — a lot of them — for a 7-under 63 to take the lead Thursday in the Bridgestone Invitational.

On a warm day with little wind, Furyk took advantage of the pristine conditions at Firestone to build a two-shot lead over Lee Slattery of England after one round of this World Golf Championship.

Tiger Woods, a seven-time winner at Firestone, looked as if he might be part of the leaderboard until his last six holes. He had to lay up with his third shot on a par 5 and three-putted from 25 feet on the 18th for an even-par 70. THE ASSOCIATED PRESS

Jim Furyk
GREGORY SHAMUS/GETTY IMAGES

NHL

Four of the Russian Five to reunite in Detroit

Four players from Detroit's "Russian Five" will be on hand when Red Wings alumni take on alumni from the Toronto Maple Leafs the day before the Winter Classic.

Viacheslav Fetisov, Igor Larionov, Vladimir Konstantinov and Sergei Fedorov will participate in the festivities Dec. 31 at Comerica Park in Detroit. THE ASSOCIATED PRESS

Mobile sports

A 37-year-old flag-bearer. A 39-year old cyclist. Sailors in their 40s. A retirement-aged show jumper. Canadians might be tempted to think the Olympics are pushing the boundaries of middle age this year, given the vintages of some of the athletes representing this country at the London Games. Scan the code for the story.

DID YOU EXPECT AN UNDEFEATED SEASON?

Roughriders fans need to give their 3-2 team a break; new Argos QB thriving under coach Milanovich; and Stampeders have gone Johnny Knoxville

CFL EXTRA POINTS
Dan Toth
regina@metronews.ca

Saskatchewan Roughriders: After gassing huge fourth-quarter leads in back-to-back games, some Rider faithful are calling for the firing of defensive co-ordinator Richie Hall, and the banishment of QB Darian Durant. Good gawd people, give your heads a shake. The Riders are 3-2 and tied for first in the West. What did Green fans expect, an undefeated season? The team's current record is a more accurate reflection of who they are.

Toronto Argos: QB Ricky Ray needed about five minutes to feel comfortable running Scott Milanovich's Argos offence. Ray has completed 69% of his passes and is second in passing yards with 1,542 yards. Ray has also thrown twice as many TD passes as interceptions, a ratio that will make you a winner most weeks.

B.C. Lions: We've gone from asking 'What's wrong with the Lions?' to tagging them one of the top teams in the CFL through five weeks. After losing two straight, an impressive win in Calgary has them perched among five teams tied for the top record at 3-2. Parity reigns as 10 games this season (50%) have been decided by four or fewer points while the usually dominant West Division holds just a 6-4 record against the East.

Edmonton Eskimos: QB Steven Jyles is under more pressure to perform than any player in the CFL. That's what makes his fumble last week in Winnipeg that prevented a possible comeback win over the Bombers so glaring, despite posting his best game statistically as an Eskimo. Maybe Jyles is trying too hard to make Esks fans forget Ricky Ray.

Calgary Stampeders: Why do so many talented Stamps players act like jackasses? This week it was Jon Cornish's turn, criticizing the play of his offensive line after his putrid performance in rushing for minus-1 yard on six carries in a loss to B.C. Even though he later apologized, it's an unwritten rule that you never trash the big men who get paid to make you a star.

Hamilton Tiger-Cats: It's still very early and the Tabbies are only 3-2, but three straight wins and some sensational play from Henry Burris makes him an early-season favourite as the best off-season acquisition. Burris leads the league with 15 TD passes and has earned offensive player of the month for July, making the Cats' off-season swap with Calgary look like a stroke of genius for Steeltown's finest.

Canada's Dylan Armstrong competes in the men's shot put final at the World Athletics Championships in Daegu, South Korea, last September. DAVID J. PHILLIP/THE ASSOCIATED PRESS

Armstrong ready to launch Canada onto athletics podium

Shot put. After missing out on a medal in Beijing by less than a centimetre, the 345-pounder has worked his way up international rankings

Dylan Armstrong has worked the last four years for this day, when he hopes to erase the disappointment of Beijing with one launch of the shot put.

The 31-year-old from Kamloops, B.C., competes on the first day of track and field Friday at the London Olympics, four years after he missed a medal by less than a centimetre and finished fourth at the Beijing Games.

Since then, the six-foot-four, 345-pound mountain of a man has worked his way up the international rankings, and was No. 1 in the world last year.

Armstrong is Canada's top hope for a track and field medal in London, but the shot put field is stacked, and the Canadian believes there are up to six throwers that could climb the top step of the podium — including Americans Christian Cantwell, Reese Hoffa and Ryan Whiting, ranked No. 1-3 in the world.

Athletics Canada head coach Alex Gardiner believes Armstrong is on pace for a strong performance.

Quoted

"He's recorded a couple of workouts that have been better than any he's had in his life."

Alex Gardiner, head coach of Athletics Canada, believes Dylan Armstrong is poised to perform well in the shot put

"He's recorded a couple of workouts that have been better than any he's had in his life," Gardiner said. "When I heard from him three days ago that he had a personal best in one of his training sessions, I know that he's ready. And he's honest as the day is long."

Armstrong, who's been training in Portugal since the Olympic trials last month in Calgary, has battled back from an elbow injury that kept him out of the final at the world indoor championships. He goes into the event with the eighth-best throw in the world this year — 21.50 metres. His Canadian record, set last year, is 22.21.

"He's ready, he's healthy," Gardiner said. "The elbow problem he had is gone. He's protecting his energy right now."

THE CANADIAN PRESS

Cycling

British team pedals to another gold medal

Britain broke its own world record set earlier Thursday to win its second straight Olympic gold medal in the men's team sprint.

The team of Philip Hindes, Jason Kenny and Chris Hoy scorched the pine wood surface of the velodrome to post a time of 42.600 seconds, bettering the mark of 42.747 they had set in the previous round. France won the silver medal with a time of 43.013 seconds.

Germany beat Australia to claim the bronze.

The only newcomer to the British team was Hindes, who replaced the retired Jamie Staff from the crew that won gold at the Beijing Games. Hindes gave the British team the lead after the first lap, and Kenny and Hoy only added to it while being cheered on by Princes William and Harry.

Hoy blew kisses to an overflowing crowd roaring its approval after crossing the finish line, and even gave the 19-year-old Hindes a good-natured shove after the ride of his life.

Bradley Wiggins, a three-time Olympic gold medallist on the track, sent the nation into a tizzy with his Tour de France victory, and then captured gold in Wednesday's time trial. His medal came after Elizabeth Armitstead won the silver medal in the women's road race on Sunday.

THE ASSOCIATED PRESS

Chris Hoy THE ASSOCIATED PRESS

Phelps bests Lochte for his first solo gold in London

Michael Phelps, right, and Ryan Lochte pose with their medals after the men's 200-metre individual medley final on Thursday in London, England. They finished first and second, respectively. CLIVE ROSE/GETTY IMAGES

Michael Phelps added to his medal collection with his first individual gold of the London Games, and handed Ryan Lochte a double disappointment on his rival's final night in the pool.

Phelps set the tone right from the start Thursday to become the first male swimmer to win the same individual event at three straight Olympics, capturing the 200-metre individual medley for his 20th career medal — and 16th gold. He touched in 1 minute, 54.27 seconds, just off his winning time in Beijing, but still good enough for gold. Lochte settled for silver and Hungary's Laszlo Cseh took the bronze.

So a farewell games that started as a bit of a disappointment for Phelps is definitely looking up. He's now won two golds and two silvers in five races — not up to his standards when he went 8-for-8 in China four years ago, but a fitting capper to a brilliant career that still has two more events to go.

As soon as Phelps finished off Lochte, he hopped out of the pool and headed to the nearby diving well to warm down, knowing he still had a semi-final of the 100 butterfly before the night was done. He was the top qualifier in that one, setting up a rematch in Friday's final against Milorad Cavic — a Serbian who still seems to think he got to the wall first in Beijing but lost by a hundredth of a second.

"Going into every call room, I said it's my last semifinal or my last prelim or my last semi of the 100 fly, so tonight is the last semi ever," said Phelps, who plans to retire from swimming as soon as he touches the wall for the final time in London. "We're kind of chalking up all the lasts of certain things."

THE ASSOCIATED PRESS

Phelps vs. Lochte

The number of medals won by the American swimmers:

- **Phelps.** Four medals — two golds and two silvers — with the chance of finishing the Games with six.
- **Lochte.** Five medals — two golds, two silvers, one bronze.

Bolt's chance to take over London

Track-and-field. 2008's 100-metre champion wants to be 'living legend,' but will face big test in countryman Blake

An image of Usain Bolt is projected onto the British House of Parliament during last Friday's opening ceremony. FENG LI/GETTY IMAGES FILE

By the time Usain Bolt's showboating, record-breaking, gold-gobbling act on the track got revved up at the Beijing Games four years ago, Michael Phelps was already firmly established as the star of those Olympics.

Nothing anyone did — even Bolt's unprecedented sweep of the 100, 200 and 4x100-metre relay with best-in-history times — could possibly steal the spotlight from Phelps and his eight-gold performance in the pool.

Now it's a different story.

The first week of the London Olympics left a noticeable vacancy on centre stage. As if on cue, up steps Bolt, the effervescent Jamaican sprinter who comes in with the most to win, and lose, as the 10-day athletics meet begins Friday at 80,000-seat Olympic Stadium.

Bolt wants nothing less than to become a "living legend" and is well aware that repeat victories in the two individual sprints will put him there. Of course, he'll need to be better than countryman Yohan Blake, who upset Bolt in the 100 and 200 finals at the Jamaican trials.

Win or not, Bolt is guaranteeing a good show.

"Hands down. For sure," he said. "I'm thinking this could easily be one of the fastest 100 metres anybody has ever seen, because these guys have shown a lot of potential throughout the season. There are guys that have been running fast, especially because it's an Olympic year."

Bolt was coasting, thumping his chest before he crossed the finish line when he set the world record in Beijing at 9.69 seconds. At the world championships a year later, he lowered it to 9.58. Bolt and his coach, Glen Mills, both say a 100-metre run in the 9.4-second range is possible, but only if the weather in London co-operates. The forecast for Sunday's final calls for murky skies with a 30 per cent chance of rain.

Beyond Bolt and Blake, nearly every main contender in the marquee event has a good story to tell. There are Americans Tyson Gay (oft-injured, still in search of an Olympic medal) and Justin Gatlin (2004 Olympic champion, back in 2012 after a four-year doping ban), and another Jamaican, 29-year-old Asafa Powell, a former world-record holder who is still fast.

THE ASSOCIATED PRESS

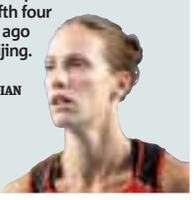
Quoted

"There's no pressure. Yes, I'm the fastest man in the world right now and some people say I'm the man to beat, but when we're on the line, it's different."

Jamaica's Yohan Blake

Canadian hopeful

Nine Canadians compete on the first day of track and field Friday, including Jessica Zelinka of London, Ont., who is gunning for a podium finish in the heptathlon after finishing fifth four years ago in Beijing. THE CANADIAN PRESS



3 to watch this weekend

Women's soccer

Canada plays for its first-ever spot in the final four when they battle Great Britain.

It won't be an easy one for the seventh-ranked Canadians. Britain has been a big surprise, winning all three preliminary-round games without allowing a goal.

Time: Friday, 12:30 p.m.
Channel: OLN

Women's trampoline

Karen Cockburn, pictured, will try to add to her three Olympic medals (two silver, one bronze) while Rosannagh MacLennan looks for her first.

Both Canadians are strong podium candidates.

Time: Saturday, 7 a.m. (qualification), 8:20 a.m. (final).
Channel: CTV

Women's diving

Jennifer Abel brought Canada its first medal in 2012, a bronze in the three-metre synchronized with Emilie Heymans, last Sunday. Abel will be looking for more in this weekend's three-metre individual springboard.

Time: Sunday, 12 p.m (final).
Channel: TSN

THE CANADIAN PRESS

Canada's Alex Bruce, left, and Michelle Li eye a shot during their semifinal match against Japan in women's doubles badminton at the 2012 Summer Olympics, Thursday. Japan won the match 2-1. RYAN REMIORZ/THE CANADIAN PRESS

Canadian duo 'Bruce Li' squeak into bronze match

Canada's Alex Bruce and Michelle Li will play for a bronze medal in badminton, thanks to a shuttlecock scandal that has rocked the sport at the London Olympics.

The Toronto players were beaten by No. 4 seeds Mizuki Fujii and Reika Kakiwa 21-12, 19-21, 21-13 in the doubles semifinals Thursday.

They'll play Russians Valeria Sorokina and Nina Vislova for third-place Saturday at Wembley Arena in an unlikely Olympic storyline neither Canadian could have envisioned.

The 22-year-old Bruce and 20-year-old Li — known on the badminton circuit as Bruce Li — thought their Games were over barely a day earlier, but found themselves in the semifinals after eight players were expelled from the competition for losing on purpose.

Canada has never qualified for the semifinals or won an Olympic medal in badminton.

The Canadians, No. 27 in the world, were prepared to head home after they finished last in their pool by a combined score of 126-52.

But two of those defeats came against teams that were disqualified Wednesday, accused of throwing their matches to set up a more advantageous path through the medal round.

The Canadians, gold medallists at the Pan American Games last fall in Mexico, were reinstated and just hours later went on to defeat Australia's Leanne Choo and Renuga Veeran in the quarter-finals.

THE CANADIAN PRESS

Swimming

Hayden back in pool hours after win

Celebrating an Olympic medal all night instead of swimming another race was not an option for Brent Hayden.

Hours after winning his bronze in the 100 freestyle, Hayden was back on the start blocks in the 50-metre freestyle Thursday. He didn't make it to the final, but he still felt it was worth doing.

"I'm in an event in the Olympics," Hayden said. "You've got take that opportunity. For me, it's never going to come around again.

"I knew I was an outside shot, but I knew if I did nail my race, I knew that I would have actually had a shot ... and maybe even go for a podium." THE CANADIAN PRESS

Brent Hayden prepares for his 50m freestyle semifinal Thursday. THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
You will find it hard to get through your "to do" list today — your heart is just not in it. In which case, why not take the hint and relax for a while? It's not as if you haven't earned it.

♉ Taurus
April 21 - May 21
You may be tempted to cut a deal that gives you less than you know you are worth but you are strongly advised not to do it. If you give in once, you will be expected to do it again and again.

♊ Gemini
May 22 - June 21
You seem to be at peace with yourself at the moment, which isn't something you can say too often. Wherever you go and whatever you do, nothing will faze you. If only every day could be this easy!

♋ Cancer
June 22 - July 23
If you are a typical Cancerian you will want to do something creative today, something in which you can involve both your head and your hands. It will be more exciting if you do it with like-minded people.

♌ Leo
July 24 - Aug. 23
You are in a generous mood at the moment — you want to share your good fortune with the whole world. That may not be possible but you can share it with a special few, who in turn will share it with others.

♍ Virgo
Aug. 24 - Sept. 23
Do you tell a friend what they need to hear, or what they want to hear? It's got to be the former, even though they may dislike what you say and dislike you for saying it. They'll thank you one day.

♎ Libra
Sept. 24 - Oct. 23
Find a way to escape the daily grind, if only for a few hours. You need to spend some time by yourself to get your thoughts in order and decide what you ought to do next. Clear a space for your mind.

♏ Scorpio
Oct. 24 - Nov. 22
Take time out from your busy schedule today to get to know someone who is sending you signals you cannot ignore. Could it be the start of a new romantic relationship? Yes. But it's not the only possibility.

♐ Sagittarius
Nov. 23 - Dec. 21
How often do you say the three magic words "I love you"? Not often enough. Make it your number one priority today to remind the most special person in your life that you still care deeply for him or her.

♑ Capricorn
Dec. 22 - Jan. 20
You may be a bit of a workaholic by nature but you can sense it is time to slow down. As the week draws to a close you should draw a line between work time and play time — and favour the latter.

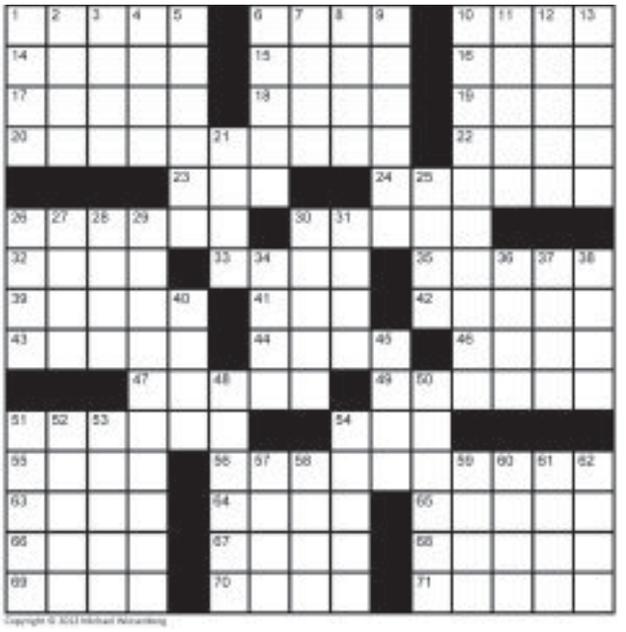
♒ Aquarius
Jan. 21 - Feb. 19
You are in love with the world and everyone in it. Well, OK, maybe not everyone, but most people, the good people, the ones who share your desire to make the world a better place. Very few don't.

♓ Pisces
Feb. 20 - March 20
There is something you want to say but are reluctant to do so because you fear it won't go down well with loved ones. Maybe it won't, but the truth is the truth. Sooner or later, it is sure to come out.

SALLY BROMPTON

Crossword: This, That, and the Other

BY MICHAEL WIESENBERG



Across

1. Apple devices with earbuds
6. Body art, slangily
10. Cabaret star Minnelli
14. Chart again
15. "Ah! Say no more"
16. "... unto us ___ is given": Isaiah 9:6, foretelling the birth of Jesus
17. From the Emerald Isle
18. Come-on
19. William Lyon Mackenzie ___: 10th Prime Minister
20. Saint John, NB-born Donald who starred in the remake of Invasion of the Body Snatchers and Eye of the Needle
22. Québec summers
23. Cowboy actor Rogers
24. Sign up for military service
26. Lowered the lights
30. Calgary Stampede, at heart
32. Operatic solo
33. 007's alma mater (as well as Ian Fleming's)
35. "Also" in Québec
39. Swedish strongman actor Lundgren (Rocky IV, The Expendables)
41. Wide wonder
42. 747 flier
43. Foot joint
44. Duo
46. Easily molded
47. ___ DeGeneres
49. Canada's best known retailer, familiarly
51. #1 1980 Blondie tune about phoning
54. Observe
55. "___ sow, so shall ..."
56. Canada's third largest financial institution
63. Almond ___: toffee candy
64. Ripped
65. Claw
66. Artificial grass
67. Red-wrapped cheese
68. Make happy
69. "Sad to say..."
70. Fam. members
71. Sign up for more magazine issues

Down

1. Center of the eye
2. Lima's land
3. Decide not to include
4. Track sprint
5. Orb
6. Canadian actress and poker player Jennifer (Oscar-nominated for Bullets Over Broadway) or younger sister actress Meg
7. Largest continent
8. Nashville's state: abbr.
9. Sowed grass
10. Rocky Mountains best known vacation destination after Banff
11. "Lord, ___?": Last Supper question
12. Daydreams, with "out"
13. Acute feeling of anxiety
21. Went on horseback
25. Bimonthly tide
26. Baby's second word, often
27. Clothes presser
28. Exploit
29. Toronto team
30. Mr. Bean actor Atkinson
31. "Dedicated to the ___ Love": 1961 Shirelles hit
34. CD predecessor
36. Pig
37. Davenport
38. Teeny
40. Captaincy
45. Trans-Canada Highway, in short
48. PM Pearson
50. Wintertime appliance
51. Magna ___
52. "Don't tell ___!": "Mum's the word!"
53. Du Pont trademarked stretch material
54. Plant supports
57. The Da Vinci ___
58. Spoken
59. Hay amount
60. Actor Alda
61. Brief bit of correspondence
62. Felt certain

Yesterday's crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

4		9				8		1
	6	3	2		8	4	5	
7								3
			6		4			
	4			1			9	
			9		5			
5								4
	3	4	5		7	1	2	
9		6				5		7

Yesterday's Sudoku

7	4	2	8	5	1	3	6	9
1	8	3	4	9	6	2	7	5
5	9	6	7	3	2	1	8	4
3	7	9	2	1	5	8	4	6
8	2	4	6	7	9	5	1	3
6	5	1	3	8	4	9	2	7
9	1	7	5	4	8	6	3	2
4	6	5	1	2	3	7	9	8
2	3	8	9	6	7	4	5	1

Sharability

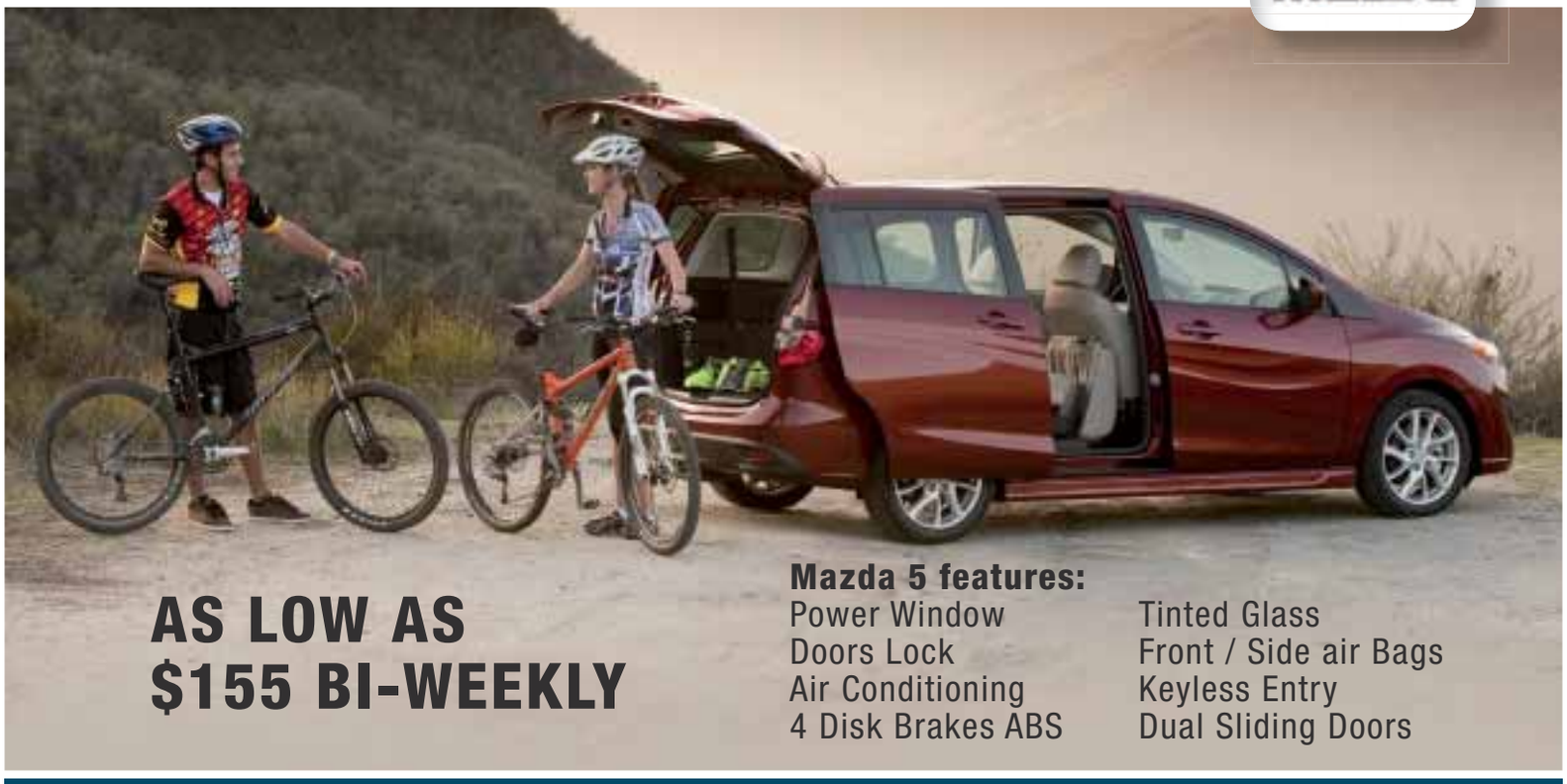
easy hard

2012 MAZDA 5

6 PASSENGERS

0% FINANCING FOR 84 MONTH

REGINA



AS LOW AS $155 BI-WEEKLY

Mazda 5 features:

- Power Window
- Doors Lock
- Air Conditioning
- 4 Disk Brakes ABS
- Tinted Glass
- Front / Side air Bags
- Keyless Entry
- Dual Sliding Doors

2012 MAZDA 2

0.99% FINANCING FOR 84 MONTH

AS LOW AS $90 BI-WEEKLY

50 MPG!

543-3345
Financing Available

1-888-832-2777
www.reginamazda.ca

Regina Mazda
600 Broad Street